



# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

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**Note:** The web addresses (links) in this document may change over time. The Department for the Aging does not attempt to refresh the links once the week has passed. However, this document is maintained on the web for a period of time as a reference. Some links may require registration.



08-156

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** September 3, 2008

**SUBJECT:** Money Follows the Person Program Up-Date

**Transition Coordination Provider Agencies as of August 25, 2008**

**New River Valley Area Agency on Aging** and **Peninsula Agency on Aging** have joined Appalachian Agency for Senior Citizens, District Three Government Cooperative, Eastern Shore Area Agency on Aging, Jefferson Board on Aging, and Mountain Empire Older Citizens, Inc. as transition coordination provider agencies for the Money Follows the Person program. A continuously updated list of provider agencies can be accessed at: <http://www.dmas.virginia.gov>. Click on "search for providers" and then go to "category" dropdown menu and choose "Transition Coordinator". For further information on being a transition coordination provider agency, contact: Jason Rachel, Money Follows the Person Balancing Project Director at the Department of Medical Assistance Services. Phone: 804-225-2984, Email: [jason.rachel@dmas.virginia.gov](mailto:jason.rachel@dmas.virginia.gov)



08-157

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Elaine S. Smith, MS, RD  
Program Coordinator

**DATE:** September 3, 2008

**SUBJECT:** Get Connected Tool Kit In-Depth Training

Following is the Get Connected! Toolkit In-Depth Training flyer. This is a one day complimentary training with experts from the Substance Abuse and Mental Health Services Administration (SAMHSA). The training is scheduled for Wednesday, September 24, 2008 from 8:30 a.m. to 4:30 p.m. at the VCU Student Commons. Lunch is included! REGISTER NOW! SPACE IS LIMITED!

AAA staff who attended the Hidden Epidemic: Alcohol, Medication, and Older Adults conference in April are encouraged to attend as well as anyone else who is interested in this training.

Please forward this flyer to those you know who work with the older adults of Virginia.



### **Get Connected Toolkit In-Depth Training**

The Get Connected Toolkit was developed by the Substance Abuse and Mental Health Services Administration in partnership with the National Council on Aging (NCOA) and supported by the Administration on Aging (AoA). This kit, which was distributed at The Hidden Epidemic Conference, provides health and social services providers in the aging services field with health promotion and health education activities to prevent substance abuse and mental health problems in older adults. The toolkit also provides strategies to link providers with substance abuse and mental health experts/organizations in their area. Contained in the kit is a program coordinators guide, fact sheets, self-screening tools, resource list, video on how to talk to older adults about alcohol and medication problems, brochures, and the promising practices publication ***Promoting Older Adult Health: Aging Network Partnerships to Address Medication, Alcohol and Mental Health Problems and Substance Abuse Among Older Adults: A Guide for Social Services Providers***. This publication makes important information and resources available that can enhance the well-being of all older Americans."

- What: One day follow-up training: Morning session-Increasing provider comfort; Afternoon session- In-depth training on Toolkit
- Who: Hidden Epidemic Conference attendees (Bring your Toolkit) and other interested service providers (Must reserve Toolkit)
- When: Wednesday, September 24, 2008  
8:30 a.m. to 4:30 p.m.
- Where: VCU Student Commons, 907 Floyd Avenue, Richmond, VA  
Richmond Salons, Second Floor
- Trainers: Lisa Patton, Ph.D. and Dianne McElroy, M.A., SAMHSA
- Cost: Complimentary and a box lunch will be served
- Parking: \$5 - VCU Parking Garage, corner of Main Street and Cherry Street
- Go to: [http://www.abc.virginia.gov/educationapp/course\\_list.jsp](http://www.abc.virginia.gov/educationapp/course_list.jsp)  
Space is limited to the first 100 registrants.

**For lunch selection and Toolkit reservation, contact Regina Whitsett at 804-213-4445**



The Virginia Center on Aging





08-158

**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau, Human Services Program Coordinator

**DATE:** September 3, 2008

**SUBJECT:** Caregiving

**Fairfax Area Agency on Aging**

**Fairfax County Caregiver Program has New Name.** The Fairfax Family Caregiver Support Program is the new name of the caregiving program in the Department of Family Services' Fairfax Area Agency on Aging. The program develops and promotes resources to help families and friends care for older adults. It also responds to the unique needs of older adults who care for a relative's child or an adult with a disability. The Fairfax Family Caregiver Support Program provides information, education, support, respite, and recognition to family caregivers. The Fairfax Area Agency on Aging is part of the Department of Family Services' Division of Adult and Aging Services.

For information on services for family caregivers, go to  
[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa) or call 703-324-7948, TTY 703-449-1186.

In addition, Fairfax Area Agency on Aging will be conducting a series of helpful seminars for caregivers. Please see the attached listing for topics, locations and times of these seminars.

## **Protective Money Management Program**

Operated as a partnership between the AARP, the Social Security Administration in Culpeper and the Rappahannock Rapidan Community Services Board/Area Agency on Aging, the Protective Money Management Program is designed to serve low-income seniors who are unable to hire someone to manage their finances. Volunteers pay bills such as electric, phone, cable TV, rent etc. from the clients Social Security check. (Only Federal benefit funds are managed by volunteers.) AARP provides insurance for the managed funds and AARP, the Social Security Administration and the RRCSB/AAA monitor volunteers and the funds they manage. For further information, please contact: Doug Schieffman at Aging Together [dschiffman@rrcsb.org](mailto:dschiffman@rrcsb.org).

## **From the Family Caregiver Alliance Newsletter: FCA Releases New Fact Sheets on Vision Loss and Ambiguous Loss**

Family Caregiver Alliance has released two new fact sheets for caregivers. "Fact Sheet on Vision Loss" discusses the most common causes of age-related vision impairment, with information on macular degeneration, diabetic retinopathy, glaucoma and cataracts. Current approaches to treatment, the emotional toll of vision loss, and how families and caregivers can adapt their environment and help maintain independence for those affected by low vision are covered in straightforward, accessible language. The second fact sheet, "Caregiving and Ambiguous Loss," explores the conflicting feelings caregivers face as they care for someone with memory loss from Alzheimer's disease or another cause. It outlines the source of the ambiguous losses and includes specific coping strategies to deal with the roller-coaster emotions of caring for someone who is "here but not here." For more information, visit:

[Family Caregiver Alliance](#)

## **From the Brookdale Foundation:**

### **Free Intergenerational Activities Promote Grandparents Day**

Grandparents Day is Sept. 7, and the Legacy Project is offering a variety of free online family activities to help Americans celebrate. Activities include storytelling exercises, drawing, games, crafts, and scrapbooking, among many others. The Legacy Project is an intergenerational education initiative with the nonprofit Generations United in Washington, DC. For more information, go to [www.legacyproject.org](http://www.legacyproject.org).

Fairfax Caregiver Seminar Consortium presents its Fall 2008 Series of Free Seminars for Family Caregivers

The series which begins in September is designed to help family caregivers manage the day-to-day issues that the responsibility of caregiving presents. All seminars are free. To register, or request reasonable ADA accommodations, call 703-324-5205, TTY 703-449-1186 or visit [www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa). Look for "Free Seminars for Family Caregivers". Please give seven business days advance notice for ADA accommodations.

### **Money Management Tips for Family Caregivers**

The typical family caregiver helps with or arranges bill payments, insurance and benefit claims, savings and investment decisions, and countless other financial duties. At this seminar, you will learn how to identify key personal and financial documents, organize paperwork, assess your loved one's financial situation, and develop a strategy to stretch financial assets to pay for care.

**Date/Time:** Tuesday, September 23, 2008, 7 - 9 PM

**Location:** Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032

**Directions:** 703-503-8703

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### **Downsizing: Where Do I Start?**

A home is full of years of accumulation of personal possessions and memories. As a family caregiver, you may need to help a loved one downsize for a move or de-clutter their current living space. At this seminar, you will learn general steps for helping you to decide what's essential, what to give to charity, and what should be given to family, options for storage, and whether professionals are needed.

**Date/Time:** Thursday, October 2, 2008, 7 - 9 PM

**Location:** Herndon Senior Center, 873 Grace Street, Herndon, VA 20171

**Directions:** 703-464-6200

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### **Legal Tools for Caregivers**

Health and finances are areas that may require you, as a family caregiver, to have input and the legal authority to make decisions on behalf of your loved one. At this seminar, you will learn about the variety of legal mechanisms that can help you implement a plan that will ensure your loved one's wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives.

**Date/Time:** Tuesday, October 7, 2008, 7 - 9 PM

**Location:** George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA 22003

**Directions:** 703-256-3800

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### **Does Mom Really Need to Move?**

The choice of living arrangements for your loved one is one of the most basic decisions you, as a family caregiver, may have to make. At this seminar, you will learn about factors to consider when determining which living arrangement (the older adult's personal home, your home, retirement community, or assisted living or nursing home) will work best. Topics include the older adult's care needs, resources and services to meet those needs as well as the corresponding financial costs, and professional services available to help you determine the best living arrangement.

**Date/Time:** Tuesday, October 14, 2008, 7 - 9 PM

**Location:** Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria, VA 22308

**Directions:** 703-765-4573

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### **Navigating the Medicaid Maze: Waivers, Eligibility and Documentation**

Many family caregivers assume their loved ones will never meet the financial eligibility requirements for

Medicaid; however, the costs of long-term care can quickly drain even a substantial savings account. At this seminar, you will learn about Medicaid's eligibility criteria, screening process, required documentation; and how to access Medicaid to help fund home-based and nursing home long-term care services.

**Date/Time:** Wednesday, October 15, 2008, 7 - 9 PM

**Location:** Kings Park Library, 9000 Burke Lake Road, Burke, VA 22015

**Directions:** 703-978-5600

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### **Keeping Engaged: Community Options for Seniors Who Need Extra Support**

As a family caregiver, you may be concerned about keeping your loved one active and engaged. Choosing the appropriate social environment is not always easy. At this seminar, you will learn about programs, activities, and services that are available to older adults who need support in order to stay engaged within the community.

**Date/Time:** Tuesday, October 21, 2008, 7 - 9 PM

**Location:** Groveton Senior Center, 8350 Richmond Highway, Alexandria, VA 22309

**Directions:** 703-704-6216

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### **Planning Quality Time for the Person with Dementia**

Research tells us that those with dementia function at their best with regular physical exercise, mental stimulation and opportunities for social interaction. However, providing daily activity is a challenge. At this seminar you will learn about simple, fun activities you can do at home to enhance the lives of those with dementia.

Please note: The same seminar is being offered at two different times so you can choose the one that best fits your schedule.

**Dates/Times:** Wednesday, October 22, 2008, 7 - 9 PM

OR

Wednesday, October 29, 2008, 1 - 3 PM

**Location:** Alzheimer's Family Day Center, 2812 Old Lee Highway, Fairfax, VA 22031

**Directions:** 703-204-4664

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### **End of Life Decisions: What Families Need to Know**

A time will likely come when you as a family caregiver must make an end-of-life decision for your loved one. Planning ahead helps to relieve stress, and ensures your loved one's wishes are carried out. At this seminar, you will learn about legal steps necessary before and after death, hospice care, funerals, burials and memorials.

**Date/Time:** Tuesday, October 28, 2008, 7- 9 PM

**Location:** Herndon Senior Center, 873 Grace Street, Herndon, VA 20171

**Directions:** 703-464-6200

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### **When Do I Step In?**

One of the most difficult things for family caregivers is deciding when and how to help. Common areas of concern are driving, safety, health, and finances. This seminar will provide suggestions for how and when to step in to help an older adult, and discuss programs and resources available to help facilitate the transition of financial and medical oversight to a more competent relative when the appropriate time comes.

**Date/Time:** Wednesday, November 5, 2008, 7 - 9 PM

**Location:** Little River Glen Senior Center, 4001 Barker Court, Fairfax, VA 22032



**Directions:** 703-503-8703

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**Surviving the Holidays: Humor for the Caregiver's Soul**

For many family caregivers, the holiday season is often stressful and challenging. What is supposed to be a time of joy and goodwill can easily become a time of anger and resentment. This seminar will provide suggestions on ways to prepare for the holidays to reduce stress and keep holidays a happy time for all. Suggestions will include how to assess what is manageable, and what parts of holiday traditions are important to keep.

**Date/Time:** Thursday, November 6, 2008, 1 - 3 PM

**Location:** Oakton Library, 10304 Lynnhaven Place, Oakton, VA 22124

**Directions:** 703-242-4020